

VEGETABLES

BUILD . . .

red blood, sound teeth, healthy skin
and eyes, resistance to disease

GIVE . . .

energy and strength

PROTECT . . .

against cancer and other diseases

Dark green and leafy vegetables have the highest food value



Nutrition Branch Hawai'i Department of Health

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Benjamin J. Cayetano, Governor
Lawrence Milke, Director of Health

93-84 Comm/Off

VEGETABLES

for Health in Hawai'i



Hawai'i Department of Health Nutrition Branch

EAT A HIGH VITAMIN C FRUIT DAILY

AMOUNT OF VITAMIN A IN 1/2 CUP COOKED

Retinol Equivalents

Taro and Poi	0
Yam	0
Breadfruit, green	trace
Bean Sprouts, mung	1
Eggplant	3
Won Bok, Chinese celery cabbage	5
Corn	18
Snap Green Beans	41
Peas, green	48
Watercress, raw 1/2 cup	80
Manoa Lettuce	99
Tomato, raw 1/2 cup	102
Sweet Potato Leaves	105
Kai Choi-Green mustard cabbage	106
Broccoli	110
Ung Choi-Swamp cabbage	155
Chinese Spinach	183
Horseradish - Tree leaves (marungay)	209
Bok Choi-White mustard cabbage	224
Lū'au or Taro Leaves	314
Spinach	737
Carrot, raw 1/2 cup	1547
Sweet Potato, yellow	2182
DAILY GOAL FOR VITAMIN A	1000 R.E.

0 250 500 750 1000 1250 1500 1750 2000

FOR HEALTH YOU NEED DAILY

Vegetables	1/2 cup serving of cooked green leafy or orange vegetable 1-2 cups other vegetables
Fruits	1/2 cup serving of papaya, orange, grapefruit, guava, tangerines, or mango 1/2 -1 cup other fruits
Cereals, Bread, Rice	6-11 half cup servings
Milk, Other High Calcium Foods	3-4 cups or its equivalent in milk products for children. 2 cups or its equivalent in milk products for adults. 4 cups or equivalent of milk products for pregnant or lactating women.
Protein Foods: Meat, Fish, Poultry Eggs	2-3 servings 2 oz. 2 whole eggs 3 egg whites
Dried Beans	2 cups, cooked

STORING FRESH VEGETABLES

Buy them as fresh as possible.

Clean them as soon as possible and store them dry in the refrigerator in closed plastic bags or covered containers.

Cut them up for cooking or salads just before use. This saves food value.

Cook them in a tightly covered pot in as little water as possible. Two tablespoons will do if your cover is tight and you watch your heat.

Cook them only until they are tender. This saves food value, flavor, and color.

Don't use baking soda.

Do use the left over cooking water.

VARIETY IS THE SPICE OF LIFE

Use a variety of vegetables. You don't have to use several kinds each day, but use many kinds often. Try some of the less familiar kinds grown here in Hawai'i.

LŪ'AU or TARO LEAVES

The large, heart-shaped leaves of the taro plant are lū'au and **must be cooked**. Unless the leaves are thoroughly cooked before eating, the mouth and throat will be painfully irritated by tiny needle-like crystals. The leaves are sometimes sold loose, frozen or rolled and tied in bundles.

TO COOK:

Wash the leaves. Remove large and coarse stems. Cook the leaves in a small amount of boiling water in a pot with a tight cover. Re-heat to boiling. Turn heat down and simmer for 45 minutes.

MĀNOA LETTUCE

Mānoa lettuce is a dark green leafy vegetable with a loosely formed head. Wash and dry leaves carefully, then use immediately.

USES:

In mixed green salads or a bed of greens for fruit or vegetable salads. In wilted lettuce salad with oil and vinegar dressing. Stir-fried in a little oil with ginger and garlic. Season with shoyu.

SWAMP CABBAGE

Ung Choi is sold in bunches and is a favorite of many. It grows on a floating vine with elongated heart-shaped leaves and a hollow stem.

TO COOK:

Wash and cut into 3-inch lengths. Steam or stir-fry in a small amount of oil with crushed garlic. Season with herbs.

SWEET POTATO

Sweet potatoes are available in several colors. The dark orange ones are excellent source for vitamin A.

TO COOK:

Boil, bake, or steam with the skin on.

SWEET POTATO LEAVES

The leafy vines of sweet potato plants can be found in farmers' markets or in some home gardens.

USES:

Wilted in a salad with tomatoes and onions. Cooked in soup.

TARO

Steam, bake, or boil until very tender. Scrape off most of the hairy outer covering. Cook a medium-sized taro from 1 to 1 1/2 hours. It must be cooked well or the oxalate crystals will sting the tongue and throat just as with taro leaves. Use cooked taro.

USES:

Peeled, sliced, and served in place of potato. Cooked in soups and stews just like potato. Diced in salads or stuffing for chicken or turkey.

TARO STALKS (hāhā)

These are the stems of the leaves of the young taro plants. They are usually pinkish white. Wash and cut in 2-inch pieces. Boil in water until tender.

USES:

In laulau, soups, and salads.

TOMATO

There are several shapes and sizes of tomatoes. It is really a fruit but is eaten as a vegetable. It is a good source of vitamin A and vitamin C.

USES:

In salads. Cooked in soups, stews, or stir-fry with meat and other vegetables.

WATERCRESS

Is grown in artesian springs or ponds. It is sold in bunches. The stalks are about 12 - 18 inches long. Wash well before eating.

USES:

Raw as a salad green. Cooked in soup, sukiyaki, or hekka dishes. Par-boiled and mixed with sesame seeds and shoyu dressing.

BEAN SPROUTS

There are many kinds of sprouts. Alfalfa, clover, and radish sprouts are used in salads. The larger ones, soybean sprouts and mung bean sprouts, are used in chop suey and other cooked dishes. Beans can be sprouted in your kitchen. Soak beans in water and then place them in a pan on layers of wet paper towels. Place in dark area or cover with foil. Add more water daily. Takes about 3 days to sprout. Sprouting jars are available in houseware departments in stores.

USES:

In mixed vegetable salads. In chop suey and other cooked dishes.

BEAN SPROUT SALAD

Cook bean sprouts in 2 tablespoons of water for about 3 minutes. They should still be crisp. Drain. Cool. Marinate with minced onion, celery seed, salt, pepper, vinegar, and oil for 1 hour.

BREADFRUIT

Breadfruit is a starchy carbohydrate and may be used like taro or potatoes. Diced, raw breadfruit may be added to soups and stews. As it cooks, it helps to thicken the liquid. Cooked breadfruit may also be added to stuffing, salads, breads, or eaten alone. Fully ripened breadfruit will taste sweeter. Bake ripe breadfruit whole, then split open and remove core and pith before eating.

CABBAGE, CHINESE

napa, won bok, celery cabbage

There are many varieties of Chinese cabbage that can be used in similar ways. Won bok has long broad leaves which are light green at the ruffled leaf tips with white midrib and veins.

USES:

Cooked in soups. Shredded as a green salad. As a vegetable, steam 4 to 5 minutes in very little water.

CABBAGE, GREEN MUSTARD

Kai Choi is on many supermarket shelves. It has medium green leaves and stems and a mustard flavor.

USES:

As suggested for White Stem Cabbage (next). Cut in pieces and just wilt in clear broth and flavor with shoyu and ginger.

CABBAGE, WHITE STEM

It is called Pak Choi or Bok Choi on supermarket shelves. It has dark green leaves with white thick stems.

USES:

Stir-fried with lean meat, chicken, or tofu. Shredded in mixed green salad.

CABBAGE SALAD

Mix equal parts of shredded Chinese cabbage, grated carrots and raisins with French dressing.

CARROT

Carrots are rich in a form of vitamin A called beta carotene and are very nutritious.

USES:

Raw as carrot sticks or in tossed salads. Steamed or in soups, stews or stir-fried dishes.

CHINESE SPINACH (amaranth)

This is sold in bunches which include the whole plant. Clean and discard the root and tougher part of the stem.

USES:

Steamed or boiled in a small amount of water. Serve with salt, pepper, and quarters of lemon.

POTATO SPINACH SOUP

Stir-fry 1 large sliced onion in a pan. Add 3 large peeled and diced potatoes. Add 5 cups of water and simmer until potato is tender. Mash without draining. Add 1 bunch of chopped spinach. Cook 2 minutes. Add 1 can of evaporated skim milk. Season to taste. Add 2 tablespoons lemon juice just before serving.